

Mar 30 2017, 9:29 PM

kirsten: Just getting here

Mar 30 2017, 9:30 PM

ShannonMinner: At 8:15 I panicked thinking I was late and wondering why my reminder didn't go off. Actually it still hasn't.

Mar 30 2017, 9:30 PM

[Lori Lemmond Mercer:](#) I just got the reminder

Mar 30 2017, 9:30 PM

kirsten: My reminder failed me as well. Ha

Mar 30 2017, 9:31 PM

Jennifer: HELLO EVERYONE@

Mar 30 2017, 9:31 PM

PatriciaMoore: Hello

Mar 30 2017, 9:31 PM

ShannonMinner: Hi Jennifer

Mar 30 2017, 9:32 PM

[Lori Lemmond Mercer:](#) 🙋

Mar 30 2017, 9:32 PM

kirsten: Hi Jennifer!

Mar 30 2017, 9:32 PM

DionneJack: Hello all.

Mar 30 2017, 9:32 PM

JudiPartlo: Hi everyone!! So glad I can finally attend a chat!

Mar 30 2017, 9:32 PM

Jennifer: HOW IS EVERYONE DOING TONIGHT? DO WE HAVE ANY FIRST TIME ATTENDEES?

Mar 30 2017, 9:32 PM

[Carol White:](#) I'm on my phone, so I'll see how I do.

Mar 30 2017, 9:33 PM

[Becky Hobson:](#) Hello

Mar 30 2017, 9:33 PM

[Becky Hobson:](#) It's my first book club. I've taken a class.

Mar 30 2017, 9:33 PM

Lori Lemmond Mercer: First time here

Mar 30 2017, 9:33 PM

JudiPartlo: Hi Becky & Lori!

Mar 30 2017, 9:33 PM

kirsten: Welcome Lori!

Mar 30 2017, 9:34 PM

Jennifer: IT'S KIND OF KOOKY ON YOUR PHONE CAROL.. I'VE HAD TO HOST FROM MY PHONE BEFORE!

Mar 30 2017, 9:34 PM

Carol White: I might do more listening than talking, but that's ok.

Mar 30 2017, 9:34 PM

Jennifer: SO OUR BOOK CLUB CHATS ARE PROMPT-BASED.. I'LL SHARE A QUOTE FROM THE BOOK AND THEN A SPECIFIC QUESTION.. BUT FIRST, WHAT WERE YOUR OVERALL IMPRESSIONS?

Mar 30 2017, 9:35 PM

Carol White: I'm only about half done, but I'm LOVING this book. Really speaking to me.

Mar 30 2017, 9:35 PM

ShannonMinner: Hanging my head...I didn't read it. I do own it though.

Mar 30 2017, 9:35 PM

Teaching Assistant - Kim Edsen: This wasn't my favorite...I felt like the author could have said it all in one chapter....it got repetitive

Mar 30 2017, 9:35 PM

Jennifer: I REALLY ENJOYED THE OVERALL CONCEPT, THE INCLUSION OF MULTIPLE FAITH PERSPECTIVES, BUT DID FIND IT TO BECOME A LITTLE REPETITIVE

Mar 30 2017, 9:36 PM

Jennifer: SIMILAR TO ESSENTIALISM IN THAT REGARD

Mar 30 2017, 9:36 PM

JudiPartlo: I found a lot of good "nudges" in this book

Mar 30 2017, 9:36 PM

Jennifer: JUST FOR REFERENCE, WE ARE DISCUSSION SABBATH BY WAYNE MULLER

TONIGHT:https://www.amazon.com/dp/B00EMXBZW8/ref=as_li_ss_tl?encoding=UTF8&colid=1DLESZSPNWW1C&coliid=I2VJ4G2LF5SKNJ&linkCode=ll1&tag=simplscrap06-20&linkId=23e61ebdc9b35d43cbe5cc9cded1a2ab

Mar 30 2017, 9:36 PM

kirsten: I did enjoy the overall concept. Somehow the repetitive nature didn't bother me too much although I did notice it.

Mar 30 2017, 9:36 PM

[Tiffany Mitchell](#): I liked the examples of ways to implement the ideas.

Mar 30 2017, 9:37 PM

Jennifer: I REALLY LIKED THE EXAMPLES AS WELL, IT NICELY COMBINED THE ABSTRACT WITH THE PRACTICAL

Mar 30 2017, 9:37 PM

Teaching Assistant - Kim Edsen: @Judi - yes, it definitely gave me 'permission' to relax and enjoy life vs. being so goal oriented

Mar 30 2017, 9:37 PM

[Carol White](#): I've been leaning into the concept of Sabbath rest, in general, so it's definitely speaking to my heart.

Mar 30 2017, 9:37 PM

DionneJack: I liked the way it was divided into sections and found that there were quite a few things that spoke to me.

Mar 30 2017, 9:38 PM

[Carol White](#): I've asked my husband to read it and he's agreed, so we can discuss ways to implement more Sabbath-keeping.

Mar 30 2017, 9:38 PM

Jennifer: ALRIGHT, LET'S DIVE IN:

Mar 30 2017, 9:38 PM

[Becky Hobson](#): The Sabbath was on my mind, so when I saw this book I really wanted to join you. It makes Sabbath seem inviting and full of opportunities.

Mar 30 2017, 9:38 PM

JudiPartlo: I agree, Kim. I have been trying the past few years to enjoy more "being" rather than just doing

Mar 30 2017, 9:39 PM

Jennifer: I LOVE THAT CAROL

Mar 30 2017, 9:39 PM

JudiPartlo: Cool, Carol!!!

Mar 30 2017, 9:39 PM

Jennifer: I WANT MINE TO DO THAT AS WELL. WE WORK TOO MUCH ON THE WEEKENDS!

Mar 30 2017, 9:39 PM

Jennifer: QUOTE // p. 1 - "Because we do not rest, we lose our way. We miss the compass points that would show us where to go, we bypass the nourishment that would give us succor."

Mar 30 2017, 9:39 PM

[Carol White](#): Anxious to see how we connect with scrapbooking!

Mar 30 2017, 9:39 PM

Jennifer: QUESTION // Q1. What do you notice that you "miss" when you do not rest enough?

Mar 30 2017, 9:40 PM

kirsten: I miss the details of life. All the days blur together as a blindly go through the busy routine of our life

Mar 30 2017, 9:40 PM

DionneJack: I don't know if I miss things so much as don't appreciate the smaller things.

Mar 30 2017, 9:40 PM

[Tiffany Mitchell](#): little gratitude moments.

Mar 30 2017, 9:40 PM

JudiPartlo: I miss enjoying the little things - my coffee, sunrise, etc

Mar 30 2017, 9:40 PM

Guest3016 (Guest): Carol, me too.

Mar 30 2017, 9:40 PM

[Eddie Banks](#): I make mistakes

Mar 30 2017, 9:40 PM

Jennifer: I MISS FUNNY OR SWEET MOMENTS I COULD PHOTOGRAPH, I MISS INTERNALIZING THE SENSATIONS OF AN EXPERIENCE, I FEEL ANXIOUS AND A BIT DISCONNECTED

Mar 30 2017, 9:40 PM

Teaching Assistant - Kim Edsen: Yes to everything above!

Mar 30 2017, 9:40 PM

JudiPartlo:

Mar 30 2017, 9:41 PM

[Carol White](#): I feel I don't live life with intention. Just busyness.

Mar 30 2017, 9:41 PM

JudiPartlo: Ah - good thought, Carol.

Mar 30 2017, 9:41 PM

Eddie Banks: so true Carol

Mar 30 2017, 9:41 PM

kirsten: Yes Carol!

Mar 30 2017, 9:42 PM

ShannonMinner: When I zone out because I'm so tired I miss hearing my boys ask/tell me something.

Mar 30 2017, 9:42 PM

Teaching Assistant - Kim Edsen: This is something I've noticed before...at times I do much better being mindful, but before long I'm back to my old, distracted ways.....but they say practice makes perfect....

Mar 30 2017, 9:42 PM

Jennifer: DO YOU EVER FEEL LIKE YOU GO THROUGH PHASES.. WHERE SOMETIMES IT'S EASIER TO BE DELIBERATE AND SOMETIMES YOU CAN'T GET OFF THE HAMSTER WHEEL?

Mar 30 2017, 9:42 PM

kirsten: ABSOLUTELY

Mar 30 2017, 9:43 PM

Carol White: For sure

Mar 30 2017, 9:43 PM

JudiPartlo: For sure

Mar 30 2017, 9:43 PM

ShannonMinner: When I really focus on how I am feeling, I realized I am the hamster on the wheel 24/7.

Mar 30 2017, 9:43 PM

Jennifer: I AM SUPER FASCINATING BY THAT ASPECT OF RHYTHM IN LIFE

Mar 30 2017, 9:44 PM

Carol White: Shannon, that's just not good for any of us.

Mar 30 2017, 9:44 PM

Eddie Banks: yes - and it usually has to do with being rested, exercise and eating healthy- present

Mar 30 2017, 9:44 PM

Guest3016 (Guest): I had to get off the hamster wheel on purpose!

Mar 30 2017, 9:44 PM

JudiPartlo: But it has gotten better, where at least I realize it and at times make the choice to get off

Mar 30 2017, 9:44 PM

kirsten: I am so bad at resting, it's almost like I don't know how. Or I have forgotten how.

Mar 30 2017, 9:44 PM

Jennifer: GUEST3016, HOW DID YOU GET OFF THE HAMSTER WHEEL?

Mar 30 2017, 9:45 PM

Carol White: Too often, were forced to get off, eventually, due to stress-related illness.

Mar 30 2017, 9:45 PM

Guest3016 (Guest): When I was a kid (60's), stores were closed on Sunday and life was slower.

Mar 30 2017, 9:45 PM

Jennifer: VERY TRUE CAROL.. SOMETHING WILL FORCE YOU TO REST..

Mar 30 2017, 9:45 PM

Teaching Assistant - Kim Edsen: Judi....so true that you have be intentional about it - it isn't going to happen on its own

Mar 30 2017, 9:46 PM

Carol White: I remember the Sunday blue laws, too.

Mar 30 2017, 9:46 PM

ShannonMinner: I had a friend tell me on Tuesday that I look sad. I know I have gained weight and can see TIRED written all over my face when I look in a mirror or at a picture.

Mar 30 2017, 9:46 PM

Teaching Assistant - Kim Edsen: @Kirsten, I hear you - sometimes I drive my husband nuts...he tells me it's normal to sit around once in awhile

Mar 30 2017, 9:46 PM

JudiPartlo: What is that, Carol?

Mar 30 2017, 9:46 PM

Jennifer: I HAVE TO TELL MY HUSBAND TO SIT AROUND KIM!

Mar 30 2017, 9:47 PM

Jennifer: QUOTE // p. 5 - "When we consecrate a time to listen to the still, small voices, we remember the root of inner wisdom that makes work fruitful. We remember from where we are most deeply nourished, and see more clearly the shape and texture of the people and things before us."

Mar 30 2017, 9:47 PM

ShannonMinner: I literally can't sit around, unless it's on a computer, there is to much to do and no one else is stepping up to do it.

Mar 30 2017, 9:47 PM

Jennifer: QUESTION // Q2. What activities nourish you?

Mar 30 2017, 9:47 PM

JudiPartlo: Oh, Shannon. Sending you a big hug and a wish for some restorative rest!!

Mar 30 2017, 9:47 PM

ShannonMinner: Reading, Interval running, Nature, and Scrapbooking

Mar 30 2017, 9:47 PM

Carol White: Stores couldn't be open or sell certain things, such as liquor at a Walgreens on Sunday.

Mar 30 2017, 9:47 PM

ShannonMinner: Thanks Judi

Mar 30 2017, 9:47 PM

Edie Banks: scrapbooking, card making, yoga

Mar 30 2017, 9:47 PM

JudiPartlo: Cool, Carol! An enforced type of rest!

Mar 30 2017, 9:48 PM

kirsten: I love a quiet Saturday morning before all my people wake up. I am taking time to sit in my space with coffee in hand and just BE

Mar 30 2017, 9:48 PM

Jennifer: ME TOO KIRSTEN!

Mar 30 2017, 9:48 PM

Guest3016 (Guest): What a great question. What nourishes me? Hum?

Mar 30 2017, 9:48 PM

ShannonMinner: Where do you live now Carol? I live in TN and I notice the "south" still has businesses that stick to that ideal.

Mar 30 2017, 9:48 PM

HollyinVegas (Guest): Taking a walk outside. Scrapbooking. Lazy coffee dates with friends.

Mar 30 2017, 9:48 PM

Carol White: Missouri.

Mar 30 2017, 9:48 PM

JudiPartlo: For me it's time in my craft room, reading, being outside, going for a run

Mar 30 2017, 9:48 PM

Teaching Assistant - Kim Edsen: being in nature, playing games with my family, watching movies, scrapbooking (most of the time....I should take the hint if it's frustrating to take a break!)

Mar 30 2017, 9:48 PM

CarrieAnderson: naps, books, creative time, sitting outside

Mar 30 2017, 9:48 PM

JudiPartlo: Hi Carrie!!!

Mar 30 2017, 9:48 PM

DionneJack: Being in nature, reading, creating, listening to music and moving all nourish me

Mar 30 2017, 9:48 PM

Teaching Assistant - Kim Edsen: also, reading....especially fiction

Mar 30 2017, 9:49 PM

CarrieAnderson: hi judi

Mar 30 2017, 9:49 PM

kirsten: Also making time for reading, walking outdoors, and more crafty time

Mar 30 2017, 9:49 PM

Jennifer: WE ARE ALL SO SIMILAR ON THIS FRONT.. AND BEYOND SCRAPBOOKING

Mar 30 2017, 9:49 PM

JudiPartlo: Yes! I love that!

Mar 30 2017, 9:49 PM

CarrieAnderson: oh the ocean...definitely nourishing

Mar 30 2017, 9:49 PM

ShannonMinner: Adult coloring and listening to Podcasts

Mar 30 2017, 9:49 PM

Carol White: I could say ditto to almost everything. Not interval running!

Mar 30 2017, 9:50 PM

CarrieAnderson: lol Carol...yep....

Mar 30 2017, 9:50 PM

JudiPartlo: Wish I could hear the ocean!!

Mar 30 2017, 9:50 PM

Jennifer: I LOVE BEING NEAR WATER... JUST THE BEST

Mar 30 2017, 9:50 PM

ShannonMinner: Ha, ha Carol! I did a half marathon last year and have a 5K coming up next Saturday.

Mar 30 2017, 9:50 PM

Carol White: So many of these nourishing activities he discusses in the book.

Mar 30 2017, 9:50 PM

JudiPartlo: Yes - and the sound of water running like in a fountain

Mar 30 2017, 9:50 PM

ShannonMinner: I love water too. What astrological sign are you Jennifer? Are you a water sign? I am a Pisces, fish, and therefore a water sign.

Mar 30 2017, 9:50 PM

JudiPartlo: Shannon - I just did a half marathon on the 19th!

Mar 30 2017, 9:50 PM

CarrieAnderson: i commented to my hubby tonight that its not as cool as the ocean but we do live right by the columbia river and so at least there is some water in my life

Mar 30 2017, 9:50 PM

Carol White: I respect all you runners!

Mar 30 2017, 9:51 PM

JudiPartlo: Nice - I miss water

Mar 30 2017, 9:51 PM

ShannonMinner: Yea Judi! Are you ever going to try a marathon?

Mar 30 2017, 9:51 PM

Jennifer: I'M CAPRICORN

Mar 30 2017, 9:51 PM

JudiPartlo: Possibly!

Mar 30 2017, 9:51 PM

ShannonMinner: I just looked it up...you're an Earth sign.

Mar 30 2017, 9:51 PM

Jennifer: YEP!

Mar 30 2017, 9:51 PM

ShannonMinner: Water signs are Cancer, Pisces, and Scorpio in case anyone is wondering.

Mar 30 2017, 9:52 PM

CarrieAnderson: oh cool....im a water sign too!!

Mar 30 2017, 9:52 PM

ShannonMinner: The Fire Signs: Aries, Leo, Sagittarius

The Air Signs: Gemini, Libra, Aquarius

The Earth Signs: Taurus, Virgo, Capricorn

Mar 30 2017, 9:52 PM

kirsten: Good to know. Thanks!

Mar 30 2017, 9:52 PM

Edie Banks: I'm cancer

Mar 30 2017, 9:52 PM

CarrieAnderson: me too edie

Mar 30 2017, 9:52 PM

SharonWilcox: My soul is nourished when I listen to Praise & Worship music on the Pandora App.

Mar 30 2017, 9:53 PM

kirsten: Me too Sharon!

Mar 30 2017, 9:53 PM

kirsten: I love lighting candles in our home as well.

Mar 30 2017, 9:53 PM

Becky Hobson: Nature, taking walks, naps, scrapbooking, reading to my children, worship and prayer. When I go to my parents house I will just sit. My household chores aren't available like at home, so I will sit. Love sitting on the porch swing with my family on Sunday.

Mar 30 2017, 9:53 PM

SharonWilcox: 😊

Mar 30 2017, 9:53 PM

Jennifer: I AM ALWAYS SURPRISED WHEN I REMEMBER HOW MUCH MUSIC LIFTS ME UP

Mar 30 2017, 9:53 PM

JudiPartlo: Candles are a super treat, Kirsten!

Mar 30 2017, 9:53 PM

Carol White: I need to incorporate it more.

Mar 30 2017, 9:53 PM

Carol White: Music.

Mar 30 2017, 9:54 PM

Jennifer: ALRIGHT, WE'LL COME BACK TO THIS A BIT...

Mar 30 2017, 9:54 PM

Carol White: The scents get to me if they're too heavy.

Mar 30 2017, 9:54 PM

Jennifer: QUOTE // p. 30 - "It's too easy to talk of prohibition, but the point is the space and time created to say yes to sacred spirituality, sensuality, sexuality, prayer, rest, song, delight."

Mar 30 2017, 9:54 PM

CarrieAnderson: me too jennifer....i need quiet so i often dont think to turn on music but when i do it can be so calming

Mar 30 2017, 9:54 PM

Jennifer: QUESTION // Q3. Did you grow up with family traditions related to the Sabbath? Do you look back on these with a positive or negative feeling?

Mar 30 2017, 9:54 PM

kirsten: I use unscented soy candles just for the warm light

Mar 30 2017, 9:54 PM

CarrieAnderson: yes...and mostly negative

Mar 30 2017, 9:55 PM

ShannonMinner: Short of going to church on Sunday, no we didn't really have any traditions. My dad has his own business and it's open 7 days a week.

Mar 30 2017, 9:55 PM

Carol White: Kirsten, if you could share the brand I'd be grateful.

Mar 30 2017, 9:55 PM

kirsten: We definitely had routines on Sunday around church and family time. Very positive for me and we continues many of these in my family today.

Mar 30 2017, 9:55 PM

Tiffany Mitchell: I'm like you Shannon

Mar 30 2017, 9:55 PM

HollyinVegas (Guest): Yes I grew up with a very strict sabbath and I hated it. That is probably why i've gone too much in the opposite direction to not rest.

Mar 30 2017, 9:55 PM

JudiPartlo: Hmm... mostly it was just going to church together. We did sometimes go for drives, and I used to watched Disney on Sunday night!

Mar 30 2017, 9:55 PM

Eddie Banks: Yes, I didn't realize it until this book. We went to church and ate a big Sunday dinner late afternoon. We didn't do any work.

Mar 30 2017, 9:55 PM

Carol White: Going to church and that was it. Nothing else as a tradition and I consider the no treason part a negative.

Mar 30 2017, 9:56 PM

Guest3016 (Guest): Yes, going to my grand Mothers house, eating pound cake and sitting on the porch every Sunday afternoon. Good times.

Mar 30 2017, 9:56 PM

JudiPartlo: That sounds wonderful, Guest 3016!

Mar 30 2017, 9:56 PM

Carol White: Not treason! Tradition!

Mar 30 2017, 9:56 PM

Jennifer: I COULD GO FOR SOME POUND CAKE!

Mar 30 2017, 9:57 PM

Carol White: Amen!

Mar 30 2017, 9:57 PM

DionneJack: No real traditions related to the Sabbath. Sunday dinner was common for us.

Mar 30 2017, 9:57 PM

Tiffany Mitchell: yum!

Mar 30 2017, 9:57 PM

SharonWilcox: When I was a child, my parents sent me and my brother to stay with my grandmother every summer. My grandfather was a minister, and my grandmother played the organ and piano for the church. After church, we were turned to my grandmothers house and ate a huge meal. A large Sunday dinner is still a tradition in my family.

Mar 30 2017, 9:57 PM

PatriciaMoore: dito Dionne

Mar 30 2017, 9:57 PM

kirsten: https://www.amazon.com/ILY-Natures-Light/b/ref=w_bl_hsx_s_ho_web_14333438011?ie=UTF8&node=14333438011&field-lbr_brands_browse-bin=ILY+Nature%27s+Light

Mar 30 2017, 9:57 PM

Becky Hobson: Church growing up. Going to my grandparents to visit family and eat Sunday dinner.

Mar 30 2017, 9:57 PM

Carol White: I'd like my grands to remember Sunday traditions with their grandparents.

Mar 30 2017, 9:58 PM

JudiPartlo: Sharon, that sounds like a special time

Mar 30 2017, 9:58 PM

Jennifer: PRETTY CANDLES!

Mar 30 2017, 9:58 PM

Guest3016 (Guest): I'm Lois by the way. And yes, watching Wonderful World of Disney on Sunday night with the whole family. Back then we only had four channels!

Mar 30 2017, 9:58 PM

SharonWilcox: Yes, it is. My nieces and nephew come to my house now. I'm the older generation. 😊

Mar 30 2017, 9:58 PM

Jennifer: WE DIDN'T HAVE ANY TRADITIONS.. THE CLOSEST WOULD BE THAT MY MOM GOT TO SLEEP IN ON SATURDAY MORNING SO MY DAD MADE BREAKFAST

Mar 30 2017, 9:58 PM

JudiPartlo: Haha - I know what you mean, Lois!!

Mar 30 2017, 9:58 PM

Carol White: Thank you, Kirsten!

Mar 30 2017, 9:59 PM

Becky Hobson: Jennifer: I want my family to start that family tradition!

Mar 30 2017, 9:59 PM

kirsten: No problem. For scented candles, I enjoy the soy candles from Grove Collaborative

Mar 30 2017, 9:59 PM

SharonWilcox: The wonderful world of Disney! That brings back wonderful childhood memories.

Mar 30 2017, 9:59 PM

ShannonMinner: We had no family anywhere close by. Family were those people who you saw every few years. It's funny how I'm in the same boat now as an adult. Both my husband and I grew up far away from where we live now.

Mar 30 2017, 10:00 PM

Teaching Assistant - Kim Edsen: I loved the Wonderful World of Disney - now there are whole channels dedicated to Disney but they're not the same! We attended church services and visited with family in the morning, but that was the extent of it.

Mar 30 2017, 10:00 PM

SharonWilcox: Shannon, do you live in a close knit community?

Mar 30 2017, 10:01 PM

ShannonMinner: No, a fairly big suburb on Nashville.

Mar 30 2017, 10:01 PM

Jennifer: QUOTE // p. 42 - "Sabbath time assumes that if we step back and rest, we will see the wholeness of it all."

Mar 30 2017, 10:01 PM

Jennifer: QUESTION // Q4. When do you feel the most aware and connected?

Mar 30 2017, 10:02 PM

kirsten: When I really make myself slow down!

Mar 30 2017, 10:02 PM

Tiffany Mitchell: When my phone is out of reach

Mar 30 2017, 10:02 PM

kirsten: It is becoming easier the more I do it.

Mar 30 2017, 10:02 PM

HollyinVegas (Guest): So true Tiffany!

Mar 30 2017, 10:03 PM

Teaching Assistant - Kim Edsen: I'd say when I slow down and make an effort to take in the world around me - scents, the air, the sounds - all sensory

Mar 30 2017, 10:03 PM

Edie Banks: Mornings and after yoga

Mar 30 2017, 10:03 PM

Guest3016 (Guest): During my early morning time.

Mar 30 2017, 10:03 PM

Jennifer: SO TRUE TIFFANY.. WHEN MY PHONE BATTERY DIES!

Mar 30 2017, 10:03 PM

JudiPartlo: Early mornings, sitting drinking my coffee, looking out at the mountains and sunrise, having some quiet time reading.

Mar 30 2017, 10:03 PM

Tiffany Mitchell: When I am outside in nature.

Mar 30 2017, 10:03 PM

DionneJack: For me it's when I'm disconnected from devices for sure and with family or outdoors.

Mar 30 2017, 10:03 PM

JudiPartlo: And I agree with Edie - yoga really helps me feel aware and connected, too!!

Mar 30 2017, 10:04 PM

AleceNewell: Yes disconnected from devices

Mar 30 2017, 10:04 PM

DionneJack: The other time I notice it is after meditation. Seems like my mind is quieter then.

Mar 30 2017, 10:04 PM

ShannonMinner: I am most aware of my crazy life when I look at my calendar. I feel most connected in nature or silence or even working on my scrapbooks.

Mar 30 2017, 10:04 PM

Jennifer: DEFINITELY IN NATURE FOR ME... WHEN I AM MOST DISCONNECTED FROM THE PINGS OF EVERYDAY LIFE

Mar 30 2017, 10:04 PM

Carol White: Judi, I want to hang with you!

Mar 30 2017, 10:04 PM

Becky Hobson: In nature, and after communal worship.

Mar 30 2017, 10:05 PM

JudiPartlo: I'd love that, Carol!!

Mar 30 2017, 10:05 PM

Jennifer: I ACTUALLY ALSO FEEL A CERTAIN SENSE OF PURPOSE AND GROUNDEDNESS WHEN I AM DOING MUNDANE THINGS LIKE LOADING THE DISHWASHER OR DOING THE LAUNDRY

Mar 30 2017, 10:05 PM

Carol White: 😊

Mar 30 2017, 10:06 PM

Guest3016 (Guest): I'm actually doing a one day "media fast" today (part of a Lent thing) and it's n

Mar 30 2017, 10:06 PM

Teaching Assistant - Kim Edsen: Isn't the act of washing the dishes often suggested as an entry into being mindful...feeling the temperature of the water, the bubbles, cleaning of the dishes...

Mar 30 2017, 10:06 PM

Guest3016 (Guest): Except for for doing this chest

Mar 30 2017, 10:06 PM

Carol White: Agreed, Jennifer! I must make myself appreciate the task and then I often really enjoy it and get clarity of mind.

Mar 30 2017, 10:06 PM

AleceNewell: I love washing dishes Kim

Mar 30 2017, 10:06 PM

Guest3016 (Guest): Chat (sorry)....doing no media for a time has been great.

Mar 30 2017, 10:07 PM

Carol White: I gave up FB scrolling for lent, except checking in with groups, and it's been great.

Mar 30 2017, 10:07 PM

HollyinVegas (Guest): That's brilliant Carol!

Mar 30 2017, 10:07 PM

Jennifer: I BET CAROL!

Mar 30 2017, 10:07 PM

Jennifer: QUOTE // p. 53 - "So we keep moving, never finding refuge, never touching the tendernesses that propel us into a life of speedy avoidance."

Mar 30 2017, 10:07 PM

JudiPartlo: I've been using the groups app more, Carol, and I really like it!!

Mar 30 2017, 10:08 PM

Jennifer: QUESTION // Q5. If you have difficulty resting, do you sense there is an aspect of avoidance that is related?

Mar 30 2017, 10:08 PM

Guest3016 (Guest): Great idea, carol! I gave up my bullet journal.

Mar 30 2017, 10:08 PM

Teaching Assistant - Kim Edsen: I actually don't mind it either Alece - it's definitely rewarding to take a stack of dirty dishes and transform them

Mar 30 2017, 10:08 PM

Teaching Assistant - Kim Edsen: Ditto the groups app!!!

Mar 30 2017, 10:08 PM

CarrieAnderson: carol...funny you should mention that,,,i was doing that in another window and now I am enraged....lol...teach me to multi task!

Mar 30 2017, 10:08 PM

Eddie Banks: wow Carol! I get off all devices - except TV at 9 now.

Mar 30 2017, 10:08 PM

kirsten: I am trying to be present in those daily mundane tasks. Practicing gratitude and thinking of those I am doing tasks for.

Mar 30 2017, 10:09 PM

CarrieAnderson: guest 3016...you gave up your bullet journal????

Mar 30 2017, 10:09 PM

Guest3016 (Guest): Great question....an aspect of avoidance.

Mar 30 2017, 10:09 PM

Teaching Assistant - Kim Edsen: I don't sense avoidance...more that I feel like if I can get 'ahead' then I can rest in the future...of course that never happens as the 'inbox of life' does not stay empty

Mar 30 2017, 10:09 PM

kirsten: I agree Kim

Mar 30 2017, 10:09 PM

kirsten: I just tend to think of all the things I "need" to be doing

Mar 30 2017, 10:10 PM

ShannonMinner: I don't think I'm avoiding anything. I sometimes wonder if I am ADD because I'm like "Squirrel!" I feel like there is just too much to be done that I can't relax.

Mar 30 2017, 10:10 PM

AleceNewell: I think busyness may help me avoid deep serious thoughts that maybe I'm not sure I'm ready to deal with.

Mar 30 2017, 10:10 PM

ShannonMinner: Yup, I'm with Kirsten!

Mar 30 2017, 10:10 PM

CarrieAnderson: alece....definitely me

Mar 30 2017, 10:11 PM

Guest3016 (Guest): Carrie, my bullet journal was dictating my life and made me never feel caught up, therefore, never able to sit down and rest. It's been great and I probably get as much done as before. Just can't check it off. Haha

Mar 30 2017, 10:11 PM

Carol White: That might put me over the edge, Lois!

Mar 30 2017, 10:11 PM

Teaching Assistant - Kim Edsen: I agree, Shannon...when I find myself feeling irritable or anxious it is usually because I'm just scattered in my intentions - if I take a moment and really focus on the task at hand (vs. switching back and forth to a bunch of different things) I'm so much more peaceful

Mar 30 2017, 10:11 PM

AleceNewell: Kirsten I think I feel great obligation to be and talk about all I am busy doing to feel worthy

Mar 30 2017, 10:11 PM

JudiPartlo: Lois - that is so interesting about the bullet journal perspective!!!!

Mar 30 2017, 10:11 PM

CarrieAnderson: hmm...intersting perspective...;=

Mar 30 2017, 10:11 PM

SharonWilcox: Guest3016, write it down after you have completed the task and check it off. 😊

Mar 30 2017, 10:12 PM

kirsten: I am one of those people that will completely forget things if I don't write them down but I am not tied to my BuJo all the time

Mar 30 2017, 10:12 PM

Carol White: Alece, very insightful and I would agree. Stillness invites contemplation.

Mar 30 2017, 10:12 PM

Jennifer: OH I 110% AGREE WITH THAT KIM!

Mar 30 2017, 10:12 PM

Jennifer: I AM FINDING IT MORE DIFFICULT THAN EVER TO NOT FEEL SCATTERED WHEN ON THE COMPUTER

Mar 30 2017, 10:12 PM

Guest3016 (Guest): I dug a list out of the trash that my husband had thrown away - just to cross things off. I think I have a problem.

Mar 30 2017, 10:12 PM

Becky Hobson: Yes, I feel guilty I might be lazy if I'm resting. I'm a list person. If there's something on my list, I don't want to rest, I want to do my list. I know this about myself, so I

make sure I put people in front of menial tasks. As was said to the woman, "you will not always have me."

Mar 30 2017, 10:12 PM

Teaching Assistant - Kim Edsen: Alece - isn't that the latest thing? The glorification of busy?

Mar 30 2017, 10:12 PM

Jennifer: HEHE LOIS

Mar 30 2017, 10:12 PM

kirsten: Yes Kim!

Mar 30 2017, 10:13 PM

JudiPartlo: Agree, Kim!!!

Mar 30 2017, 10:13 PM

SharonWilcox: LOL! Guest3016

Mar 30 2017, 10:13 PM

JudiPartlo: Choosing one thing to focus on is a big help for me

Mar 30 2017, 10:13 PM

Carol White: Yes, Kim, I think you are spot-on.

Mar 30 2017, 10:14 PM

Jennifer: OH THE GUILT... THAT WAS A BIG TOPIC... IF NOT EVERYONE IS ON THE SAME PAGE, THERE MAY BE DISAGREEMENT ABOUT THE VALUE OF REST

Mar 30 2017, 10:14 PM

Jennifer: ONE PERSON'S RESTORATION IS ANOTHER'S LAZINESS

Mar 30 2017, 10:14 PM

CarrieAnderson: yes....that is so true

Mar 30 2017, 10:14 PM

kirsten: I have also tried to get off the multi-tasking hamster wheel. I also realized I was modeling that for my girls and watching them become scattered was a wake up call. Now we talk about "completing the cycle" for whatever you are doing at the moment

Mar 30 2017, 10:14 PM

Eddie Banks: lat year I chose not to run for Negotiations chairperson and committee for my teacher's union -I love not being busy!

Mar 30 2017, 10:15 PM

Teaching Assistant - Kim Edsen: I left my career 4 years ago, while my husband was on a big project at work...talk about feeling the need to 'validate' my worth as a SAHM...the silly thing is my husband could care less! He likes happy kids, a clean house and laundry, and meals on the table It's taken me years, but I'm good with it too

Mar 30 2017, 10:15 PM

AleceNewell: Yeah Edie! I am working on saying no

Mar 30 2017, 10:15 PM

JudiPartlo: True, Jennifer!

Mar 30 2017, 10:15 PM

Guest3016 (Guest): Kirsten - completing the cycle - that's good.

Mar 30 2017, 10:15 PM

Teaching Assistant - Kim Edsen: Like Jennifer said you can't compare your needs to someone else's - apples to oranges!

Mar 30 2017, 10:16 PM

JudiPartlo: And Edie, learning to say no has been a valuable help to me - not all good things are worth saying yes to

Mar 30 2017, 10:16 PM

JudiPartlo: Genius, Kirsten!

Mar 30 2017, 10:16 PM

Edie Banks: True Judi

Mar 30 2017, 10:16 PM

Teaching Assistant - Kim Edsen: Paraphrasing, but I love the saying that when you say 'no' to something, you are saying 'yes' to something else!

Mar 30 2017, 10:16 PM

Becky Hobson: Kim, sounds like your husband was validating your worth! How wonderful!

Mar 30 2017, 10:17 PM

Carol White: I loved his discussion of trading our value of money vs time

Mar 30 2017, 10:17 PM

Jennifer: MY HUSBAND PICKED "FINISH" AS HIS WORD OF THE QUARTER.. AND SUGGESTED IT SHOULD BE A FAMILY WORD.. WE ALL NEED TO DO A LITTLE MORE TO COMPLETE THE CYCLE!

Mar 30 2017, 10:17 PM

Teaching Assistant - Kim Edsen: @Becky - yes, he's a pretty good guy!

Mar 30 2017, 10:17 PM

JudiPartlo: Great saying, Kim

Mar 30 2017, 10:17 PM

Carol White: Kim, you sound very blessed.

Mar 30 2017, 10:17 PM

Tiffany Mitchell: I agree Carol. I wish we could have stuck with the 6 hour work days!

Mar 30 2017, 10:17 PM

BettyLouKoffel: My OLW for the year is "no". It's improving my life

Mar 30 2017, 10:18 PM

CarrieAnderson: love that jennifer....my word is accomplish and it has the same connotation...finish things...see it thru to the end

Mar 30 2017, 10:18 PM

Eddie Banks: Yes Carol! that was interesting

Mar 30 2017, 10:18 PM

Carol White: We could use some finishing at our place, too. 😊

Mar 30 2017, 10:18 PM

ShannonMinner: It reminds me of the 7 Habits of Highly Effective People. Maybe that could be a future book club selection Jennifer?

Mar 30 2017, 10:18 PM

ShannonMinner: That is a good phrase Kim.

Mar 30 2017, 10:19 PM

JudiPartlo: That's cool, BettyLou!

Mar 30 2017, 10:19 PM

Jennifer: CERTAINLY CAN CONSIDER SHANNON

Mar 30 2017, 10:19 PM

Carol White: Six hour work days! I was used to 12-14! Those people do not know what they gave up!

Mar 30 2017, 10:19 PM

Jennifer: QUOTE // p. 67 - "What we harvest in this season provides the fruit for the next season."

Mar 30 2017, 10:19 PM

Jennifer: QUESTION // Q6. What are you harvesting this season?

Mar 30 2017, 10:19 PM

Guest3016 (Guest): I've seen is several times in the past couple of days - finish what you start. It will help relieve stress.

Mar 30 2017, 10:19 PM

Teaching Assistant - Kim Edsen: @Carol - yes, the time vs. money thing really validated my decision to leave a job I wasn't all that happy at anyway

Mar 30 2017, 10:20 PM

ShannonMinner: I really don't know how to answer Q6...

Mar 30 2017, 10:20 PM

Carol White: Life is too short...

Mar 30 2017, 10:20 PM

DionneJack: I am trying to harvest good memories by sharing fun experiences with family and friends these days.

Mar 30 2017, 10:21 PM

kirsten: I am really working to harvest quality life.

Mar 30 2017, 10:21 PM

AleceNewell: Hopefully I am harvesting the idea of choosing to value my time and reducing my obligations

Mar 30 2017, 10:21 PM

Jennifer: I THINK IN SCRAPBOOKING WE ARE ALWAYS HARVESTING MEMORIES, WITH PHOTOS AS THE FRUIT

Mar 30 2017, 10:21 PM

Eddie Banks: Enjoying the little moments

Mar 30 2017, 10:21 PM

Teaching Assistant - Kim Edsen: I think seeing success in projects helps provide the confidence and momentum to take on new tasks - scrapbook-wise and beyond

Mar 30 2017, 10:21 PM

ShannonMinner: Duh!

Mar 30 2017, 10:21 PM

Guest3016 (Guest): Good answer. Harvesting memories! Yes.

Mar 30 2017, 10:22 PM

AleceNewell: Yes scrapbooking is a wonderful way to harvest memories

Mar 30 2017, 10:22 PM

kirsten: I am working on not just taking in inspiration in its various forms but to get busy creating

Mar 30 2017, 10:22 PM

JudiPartlo: My word this year is choose and I feel that choosing more carefully is helping me to harvest more of what I want in my life - creative time, actually finishing some projects, spending time and attention with my loved ones

Mar 30 2017, 10:22 PM

ShannonMinner: I will say I'm researching (so something else to suck up my time) buying a travel trailer. I love to travel and I get my summers off as a teacher. I want to take my boys on national and state park vacations.

Mar 30 2017, 10:22 PM

Guest3016 (Guest): Yes Kim. Seeing success in projects.

Mar 30 2017, 10:22 PM

Jennifer: YES KIM!

Mar 30 2017, 10:22 PM

Carol White: We just went through a death in our family. My FIL passed away. While grieving, we were also so blessed. Our girls all came around, we included them in helping make all the arrangements, they were so supportive of us and each other. I could really see us reaping the harvest of years of parenting and it was good.

Mar 30 2017, 10:22 PM

Teaching Assistant - Kim Edsen: That is wonderful, Judy

Mar 30 2017, 10:22 PM

Edie Banks: Kirsten - how are you doing this?

Mar 30 2017, 10:22 PM

Becky Hobson: In thinking about harvest and Sabbath, I'd say I'm harvesting my children's Sabbath. I'm conscientious not to make them do work or homework on Sundays. They need time to rest their little brains and have time with nothing on the agenda.

Mar 30 2017, 10:22 PM

AleceNewell: Shannon how wonderful

Mar 30 2017, 10:22 PM

Teaching Assistant - Kim Edsen: sorry...Judi....my aunt spells hers with a 'y'...habit!

Mar 30 2017, 10:23 PM

Guest3016 (Guest): Sharon, traveling with our kids around the country Re

Mar 30 2017, 10:23 PM

ShannonMinner: Sorry to hear that Carol! Glad the family was able to come together.

Mar 30 2017, 10:23 PM

BettyLouKoffel: Becky, I love that thought. So good for your children

Mar 30 2017, 10:23 PM

Teaching Assistant - Kim Edsen: Good point, Becky

Mar 30 2017, 10:23 PM

Guest3016 (Guest):are their favorite memories. Go for it!

Mar 30 2017, 10:23 PM

JudiPartlo: Haha - I'm used to that, Kim!

Mar 30 2017, 10:23 PM

Jennifer: I LOVE HOW WE CAME UP WITH SO MANY WAYS TO LOOK AT HARVEST

Mar 30 2017, 10:23 PM

Carol White: Love that, Becky!

Mar 30 2017, 10:24 PM

CarrieAnderson: carol...that is so sweet that you were able to have such a special time with them. i am sorry for your loss

Mar 30 2017, 10:24 PM

JudiPartlo: And Becky - how wonderful for your children!

Mar 30 2017, 10:24 PM

Jennifer: QUOTE // p. 69 - "To surrender to the rhythms of seasons and flowerings and dormancies is to savor the secret of life itself."

Mar 30 2017, 10:24 PM

Jennifer: QUESTION // Q7. What is one small step you can take towards this surrender?

Mar 30 2017, 10:24 PM

DionneJack: I totally agree Becky

Mar 30 2017, 10:24 PM

Carol White: Thanks, guys.

Mar 30 2017, 10:24 PM

ShannonMinner: Buying the camper and going on a trip

Mar 30 2017, 10:25 PM

AleceNewell: To not schedule every minute of every day

Mar 30 2017, 10:25 PM

Carol White: Shannon, that would be a giant step for me, but I like the way you think!

Mar 30 2017, 10:25 PM

Teaching Assistant - Kim Edsen: I think the seasonal planning is helpful from this regard. Rather than pushing through with a plan you set in January, you get a chance to evaluate where you are, what you're feeling, and adapt.

Mar 30 2017, 10:25 PM

ShannonMinner: That's not small though! I have been trying to get into bible journaling more. I'm reading God's word, relaxing, and coloring.

Mar 30 2017, 10:25 PM

Becky Hobson: @Carol, sorry to hear of your loss. Thanks for sharing with us.

Mar 30 2017, 10:25 PM

CarrieAnderson: being mindful of your bodies rhythm and season instead of the artificial ones created by media and alarm clocks

Mar 30 2017, 10:25 PM

ShannonMinner: Carol - I have been bit by the camper bug and it's not pretty in my house right now. Squirrel!

Mar 30 2017, 10:25 PM

Edie Banks: I'm in education , and I have finally realized I cant do big projects in September or May.

Mar 30 2017, 10:25 PM

kirsten: I cut back on subscriptions to just SS and the Story kits from AE so I am not jumping from place to place. I made a goal to scrap a LO from each of the LOM categories each month and started a list of current stories to tell in each category. I started doing PL in the app for this year so I don't get so bogged down in that project and can spend more time telling longer stories than I have been doing.

Mar 30 2017, 10:25 PM

JudiPartlo: Agree with Kim - the seasonal planning helps me with that

Mar 30 2017, 10:26 PM

Carol White: 😞

Mar 30 2017, 10:26 PM

Tiffany Mitchell: I don't get much done creatively during the summer when my kids are off school...

Mar 30 2017, 10:26 PM

Jennifer: SOUNDS PERFECT KIRSTEN!

Mar 30 2017, 10:26 PM

JudiPartlo: Ooh - I like that, Carrie!!

Mar 30 2017, 10:26 PM

CarrieAnderson: kirsten...love those intentions!

Mar 30 2017, 10:26 PM

Jennifer: THIS WILL BE MY FIRST SUMMER AS A MOM OF A SCHOOL-AGE CHILD... SO IT WILL BE INTERESTING!

Mar 30 2017, 10:27 PM

Teaching Assistant - Kim Edsen: that's awesome, Kirsten

Mar 30 2017, 10:27 PM

Guest3016 (Guest): I always savor winter and being indoors to be snuggled up and warm. It's a natural rhythm of life. Don't try to hurry a season to get to the next one. Try to enjoy each season.

Mar 30 2017, 10:27 PM

JudiPartlo: Jennifer - that will definitely be a time of transition for you and your family!

Mar 30 2017, 10:27 PM

CarrieAnderson: lois...i might ALWAYS hurry winter.....lol

Mar 30 2017, 10:27 PM

Teaching Assistant - Kim Edsen: Guest3016...so true, we've had a chilly week and I've enjoyed what I'm sure are the last few weeks of using our fireplace

Mar 30 2017, 10:27 PM

BettyLouKoffel: One of the small steps I've been working on this year is to stop and turn off the computer and accept that not everything on my list has gotten done. It's been a struggle but I'm feeling happier. This book reinforced my desire

Mar 30 2017, 10:27 PM

Teaching Assistant - Kim Edsen: That's great Betty Lou!

Mar 30 2017, 10:28 PM

Carol White: I'm getting into hygge, so winter is sounding better than it did!

Mar 30 2017, 10:28 PM

kirsten: I am enjoying the concept of seasonal planning. This is really my first year to do it and I'm excited to see how it goes and evolves over time. I expect I will learn a lot about the rhythms of my life that I didn't realize previously.

Mar 30 2017, 10:28 PM

Jennifer: THAT'S A STRUGGLE FOR ME AS WELL BETTYLOU

Mar 30 2017, 10:28 PM

Teaching Assistant - Kim Edsen: Sometimes when I feel frustrated, I need to step back...not push harder...

Mar 30 2017, 10:28 PM

Guest3016 (Guest): Yes Betty Lou!

Mar 30 2017, 10:28 PM

Jennifer: MAYBE WE NEED TO START CELEBRATING EVERYTHING WE DIDN'T DO!

Mar 30 2017, 10:28 PM

ShannonMinner: Now I can list some things to celebrate!

Mar 30 2017, 10:28 PM

BettyLouKoffel: I like that idea, Jennifer.

Mar 30 2017, 10:28 PM

JudiPartlo: That would be a big celebration!!!

Mar 30 2017, 10:28 PM

Carol White: Great point, Jennifer!

Mar 30 2017, 10:28 PM

Teaching Assistant - Kim Edsen:

Mar 30 2017, 10:29 PM

BettyLouKoffel: Add it to my end of the day journaling

Mar 30 2017, 10:29 PM

kirsten: Maybe we can add that thread in the FB group to support each other in the quest for rest

Mar 30 2017, 10:29 PM

Carol White: Betty Lou, love that practice.

Mar 30 2017, 10:29 PM

Guest3016 (Guest): Quest for Rest - my new bumper sticker. Thanks. Love it

Mar 30 2017, 10:30 PM

kirsten:

Mar 30 2017, 10:30 PM

Carol White: Make one for me!

Mar 30 2017, 10:30 PM

Jennifer: THANK YOU ALL FOR THE DELIGHTFUL CHAT TONIGHT... IT WAS JUST WONDERFUL TO EXPLORE THIS BOOK WITH YOU!

Mar 30 2017, 10:30 PM

Carol White: I loved the suggestion. Thank you.

Mar 30 2017, 10:30 PM

Teaching Assistant - Kim Edsen: This was a really insightful chat - thank you all!

Mar 30 2017, 10:30 PM

AleceNewell: Have a restful weekend

Mar 30 2017, 10:30 PM

kirsten: Agreed!

Mar 30 2017, 10:30 PM

JudiPartlo: Here's to our Quest for Rest!!!

Mar 30 2017, 10:30 PM

kirsten: Wishing everyone a restful weekend!

Mar 30 2017, 10:30 PM

Jennifer: NEXT MONTH WE WILL BE READING "I KNOW HOW SHE DOES

IT":https://www.amazon.com/dp/B00OYXWM46/ref=as_li_ss_tl?encoding=UTF8&colid=1DLESZSPNWWV1C&coliid=I15WUGA6HLQZ0P&linkCode=ll1&tag=simplscrap06-20&linkId=68f07c454f3fea07e832253eb82a0d6a

Mar 30 2017, 10:30 PM

SharonWilcox: Quest for Rest!!!

Mar 30 2017, 10:30 PM

Carol White: See you all next time!

Mar 30 2017, 10:30 PM

JudiPartlo: This hour sure flew by - thanks!

Mar 30 2017, 10:30 PM

kirsten: Take good care!

Mar 30 2017, 10:31 PM

Guest3016 (Guest): This was great. Thanks everyone. Go get some rest and cross this off the list you guys are fun!

Mar 30 2017, 10:31 PM

BettyLouKoffel: Wishing you all rest and renewal

Mar 30 2017, 10:31 PM

DionneJack: Thanks ladies. have a restful sleep

Mar 30 2017, 10:31 PM

Jennifer: WISHING YOU ALL GOOD REST <3

Mar 30 2017, 10:31 PM

[Edie Banks](#): good night everyone

Mar 30 2017, 10:33 PM

ShannonMinner: Thanks Jennifer. Good night everybody!